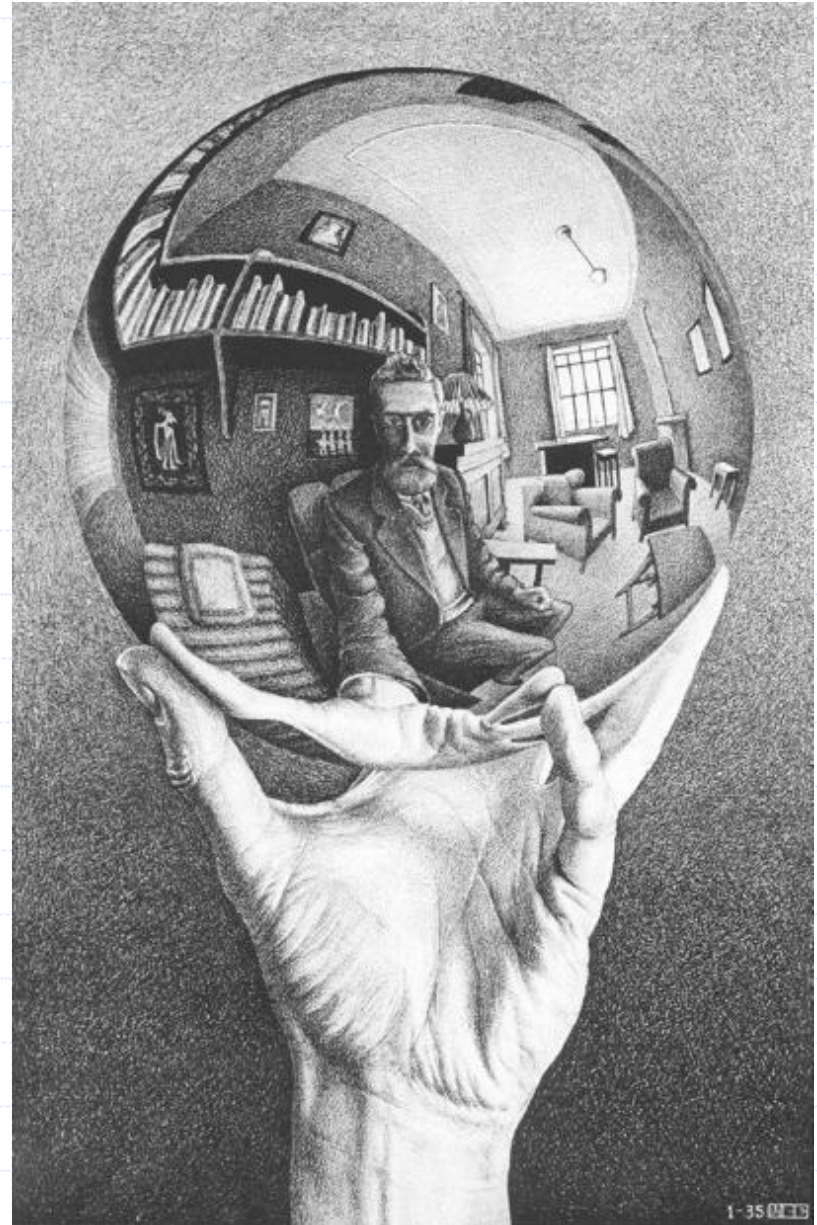
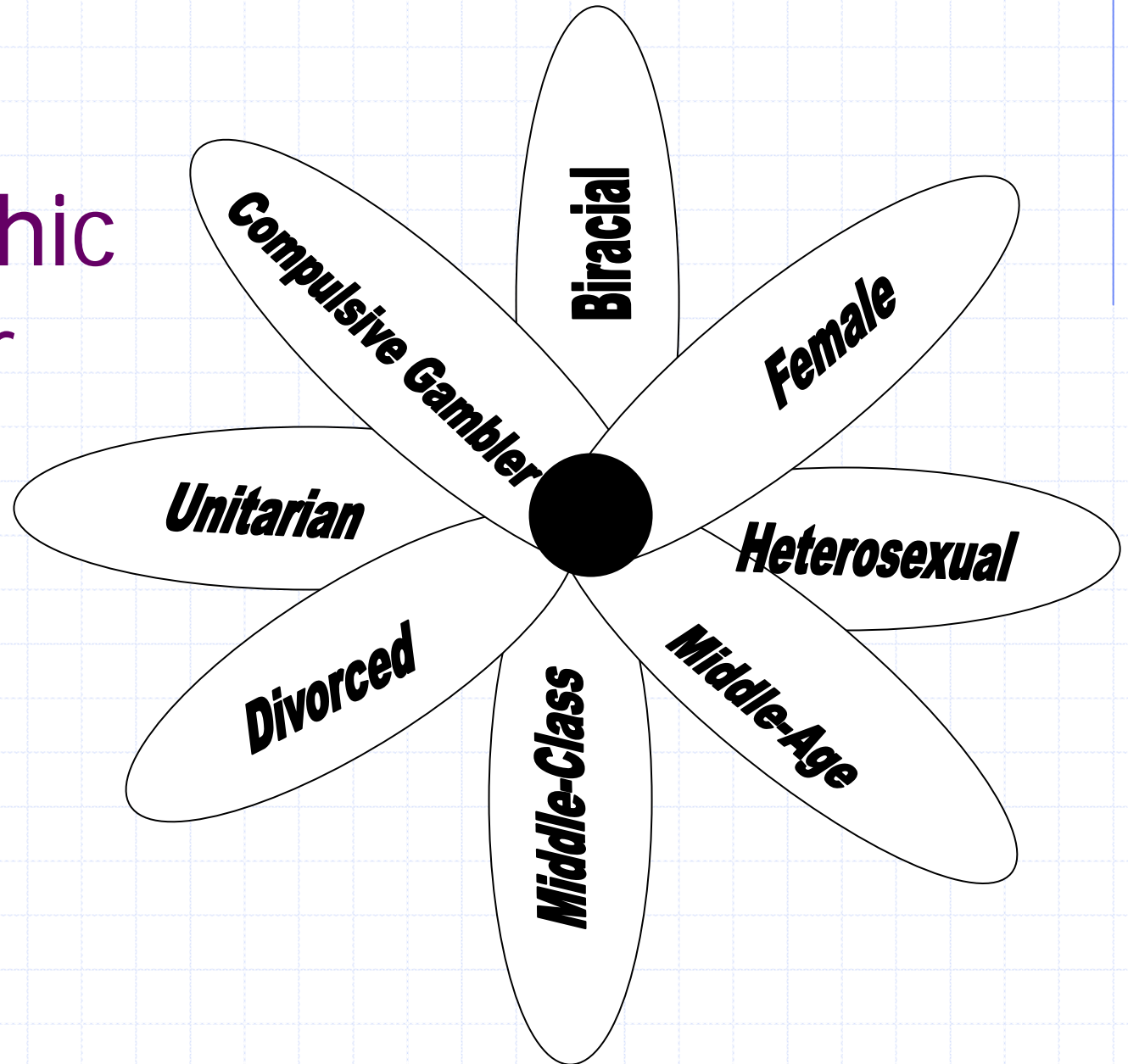


**Cultural  
Diversity and  
Problem  
Gambling**  
*Deborah G.  
Haskins, Ph.D.*



# The Idiographic Center



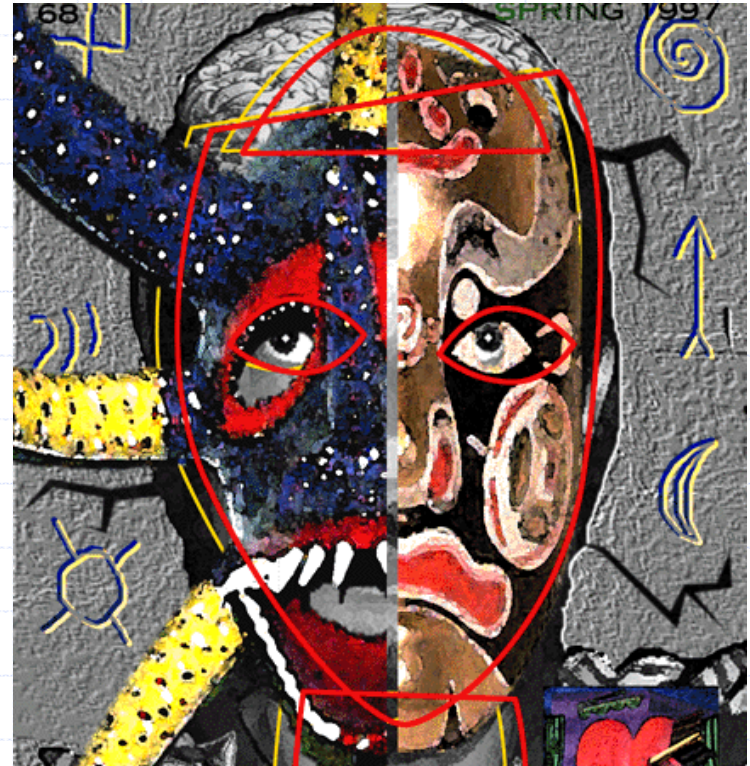
# Socialization Forces That Influence Health Functions

- ◆ Race/ Ethnicity
- ◆ Gender
- ◆ Sexual Orientation
- ◆ Age
- ◆ Socioeconomic Status



# Race/ Ethnicity

- ◆ In what ways is race and ethnicity important to you?
- ◆ Is race and ethnicity important to your family (spouse, children, parents)?
- ◆ Are there any concerns related to race and ethnicity?





# Gender

- ◆ Understand that there may be differences (and similarities) across cultures regarding gender roles and gender expectations
- ◆ Examples



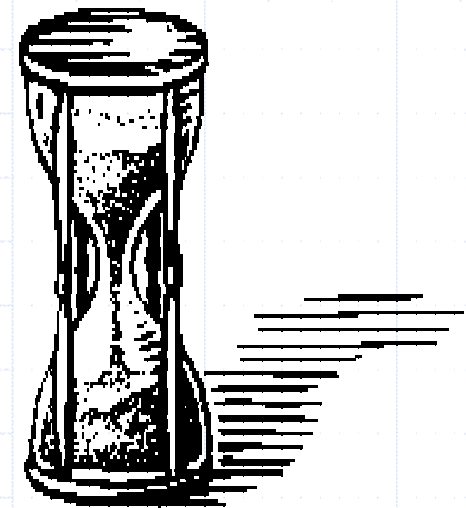
# Sexual Orientation

- ◆ Heterosexual
- ◆ Gay
- ◆ Lesbian
- ◆ Bisexuality  
("often ignored in research and in the literature")
- ◆ Perceptions across cultures?



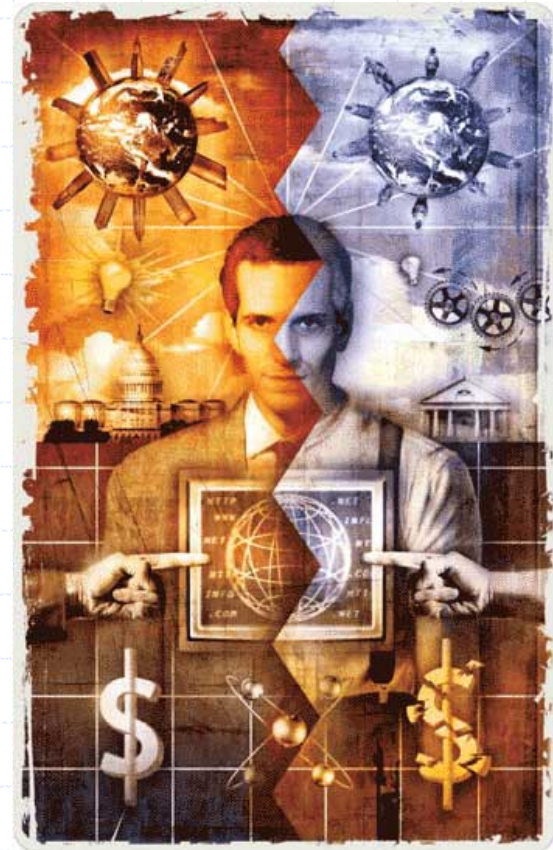
# Age

- ◆ Do we also inquire about generational influences?
- ◆ Impact on: help-seeking, beliefs about mental health & mental illness



# Socioeconomic Status

- ◆ “One of the most highly charged issues in America” (Liu & Pope-Davis, 2004)
- ◆ Influence on help-seeking, dynamics between mental health counselor/client
- ◆ Influence on individual’s identity

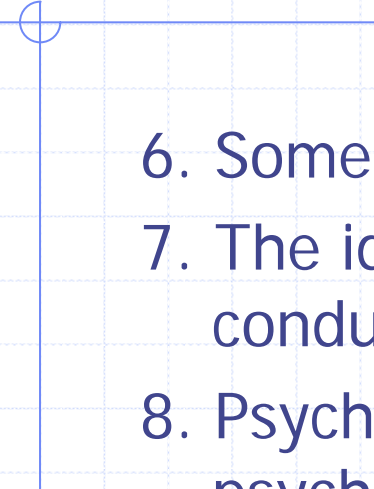




# Clinical Guidelines For Assessment

1. Psychological functioning involves an interaction of a persons multiple identities.
2. Individuals must be evaluated within their sociocultural and sociopolitical contexts.
3. People are holistic, consisting of a variety of assets.
4. Trauma can have a debilitating influence on psychological functioning.
5. Psychological symptoms result from a variety of sources.

# Clinical Guidelines For Assessment

- 
6. Some identities are more salient than others.
  7. The idiographic perspective is paramount when conducting a psychological assessment.
  8. Psychological conditions may co-exist with other psychological symptoms.
  9. Psychological testing is a valuable method of evaluating clinical hypotheses.
  10. Bias can obscure clinical judgment.

# African Americans and Problem Gambling: What do we know (Knowledge)?

- ◆ **Research** on African Americans and problem gambling is limited
- ◆ Why?—many don't seek treatment and don't participate in research studies (Harvey, 1996)
- ◆ Why?—**sociopolitical history** (Sue & Sue, 1978; Helms & Cook, 1999)
- ◆ Many use **socio supports**: religious/spiritual networks (Boyd-Franklin, 1989; Helms & Cook, 1999)

# African Americans: Types of Gambling (Knowledge)

- ◆ “Numbers running” (historical vocation)
- ◆ Lottery
- ◆ Scratch Offs
- ◆ Video Slot Machines located in community
- ◆ Casinos (women, older adults, nursing homes)
- ◆ Race Tracks (men)
- ◆ Sports Betting (especially among youth)



# African Americans: Type of Gambling (Knowledge cont.)

- ◆ Street Dice games (and in school among youth)
- ◆ Card games: Pinochle, Baccarat (e.g., Gladys Knight)

Key: Is gambling within this community similar to what we understand about problem gambling? **and/or** Is gambling considered a problem within the **context** of this culture and community?

# African Americans: What Counselor Awareness/Knowledge/Skills Are Needed from Clinicians/Counselors?

- ◆ Clinicians will need to move outside of traditional roles and meet client in their environment; integrate cultural influences
- ◆ Understand the *invisibility syndrome* that exists among African American males and how substance use and gambling may provide *false sense of power*
- ◆ **How has society contributed to this invisibility syndrome (Franklin, 2004).**

# Invisibility Syndrome—Signs and Symptoms (Franklin, 2004)

- ◆ Frustration
- ◆ Increased awareness of perceived slights
- ◆ Chronic indignation
- ◆ Pervasive discontent & disgruntlement
- ◆ Anger
- ◆ Immobilization or increasing inability to get things done
- ◆ Questioning one's worthiness
- ◆ Disillusionment and confusion
- ◆ Feeling trapped
- ◆ Conflicted racial identity
- ◆ Internalized rage
- ◆ Depression
- ◆ Substance abuse
- ◆ Loss of hope

# Why Don't African Americans Seek Treatment? (Knowledge)

- ◆ Mistrust of “White” institutions dating back to slavery
- ◆ Mistrust of agencies which have oppressed Blacks (e.g., police, foster care systems)
- ◆ Lack of Insurance and Finances to Pay
- ◆ Lack of Transportation (Sue & Sue, 1999)



# African Americans: Culturally Relevant Treatment(Knowledge)

## Community Mental Health Approaches:

*Extend their interventions beyond "troubled individuals" to the community and to social systems that are important in socializing, supporting, and controlling people (e.g., school system, churches, prisons, judicial systems)*

# African Americans: Outreach Efforts (Knowledge)

**Community psychology** approaches:

◆ *Have an **organizational-community**, non-deficit, competence-building, and primary prevention focus*

*Key Element: **Empowerment** (Boyd-Franklin, 1989; 2003)*

# Case Illustrations: James

James is a 32 year old African American male. Works as a custodian at a public school. Purchases an average of \$100 of lottery tickets each week. James is young in his recovery from heroin addiction. He talks about his Higher Power and how blessed he is to be clean and working in a steady job.

# Case Illustrations: Donald

Donald is a 64 year old African American. He works as a bus driver. Donald is single and has been an active gambler at the race tracks. He visits the race tracks several times a week; this has been his routine for the past 30 years. Donald is also a heavy drinker but does not acknowledge a drinking problem. Donald was married but divorced after 5 years of marriage—the marriage was in crisis often.



# Problem Gambling Treatment Considerations

- ◆ Acknowledge relevancy of racial identity, racism, classism, and other “isms” in life of clients
- ◆ Consider your own cultural identity/ies and potential conflicts in treatment (+ and -) (Helms & Cook, 1999; Brooks, Kehe & Haskins, 2004)
- ◆ Question: Not “How can I help African American clients with problem gambling and substance problems but How can I help **This** African American client ...” (Sue & Sue, 2003)

# Case Illustrations: Gloria

Gloria is a 50 year old African American. She is married and has 2 young adult children. She has a supportive family. Gloria works as a manager for the government and has been a responsible worker. Gloria is an active Christian and sings on the church choir. Gloria is referred by her company Employee Assistance Counselor after using the expense budget to pay off gambling debts. Gloria reports she was the "Pool Manager" in her building. Her husband, friends, and church folks no little about her gambling behavior. Gloria also reports that her mother died recently, who she was very close to. Gloria reports that her gambling use increased after her mother died. She is committed to getting help but fearful to admit the extent of her problem to family, friends, and pastor.

# African American: Treatment and Outreach (Knowledge & Skills)

- ◆ Emphasis on ecological validity—advocate and deliver treatment in the community
- ◆ Emphasis on multi problem approach—service deliverers are charged with recognizing and responding to a *range* of presenting needs: clinicians must assume many roles—teacher/therapist/advocate
- ◆ Use paraprofessionals—one of the best ways to use indigenous resources (June & Black, 2002)

# Case

## Illustrations: James/Donald/Gloria

- ◆ Consider case illustrations: SA and PG issues? Prioritize treatment concerns
- ◆ What will be obstacles?
- ◆ How can you integrate cultural values and beliefs into treatment?
- ◆ Any potential obstacles with GA/NA/SA and/or family support organizations?



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